

GYMNASIUM SCHEDULE



Effective Date: February 2, 2026

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|--|--|--|--|---|--|--|
| 5AM | 5:30 AM – 6:00 AM OPEN GYM | 5:30 AM – 7:45 AM OPEN GYM | 5:30 AM – 6:00 AM OPEN GYM | 5:30 AM – 7:45 AM OPEN GYM | 5:30 AM – 7:00 AM OPEN GYM | | |
| 6AM | 6:00 AM – 7:00 AM PICKLEBALL (13+) 1/2 Open Gym | | 6:00 AM – 7:00 AM PICKLEBALL (13+) 1/2 Open Gym | | | | |
| 7AM | 7:00 AM – 9:00 AM VOLLEYBALL | | 7:00 AM – 9:00 AM VOLLEYBALL | | 7:00 AM – 9:00 AM VOLLEYBALL | 7:00 AM – 8:45 AM OPEN GYM | 7:00 AM – 8:45 AM OPEN GYM |
| 8AM | 1/2 Open Gym | 7:45 AM – 10:15 AM GROUP EXERCISE | 1/2 Open Gym | 7:45 AM – 11:30 AM GROUP EXERCISE | 1/2 Open Gym | | |
| 9AM | 9:00 AM – 12:00 PM GROUP EXERCISE | NO Open Gym | 9:00 AM – 12:45 PM GROUP EXERCISE | NO Open Gym | 9:00 AM – 12:45 PM GROUP EXERCISE | 8:45 AM – 10:05 AM GROUP EXERCISE NO Open Gym | 8:45 AM – 10:00 AM GROUP EXERCISE NO Open Gym |
| 10AM | NO Open Gym | 10:20 AM – 12:30 PM OPEN GYM | NO Open Gym | | NO Open Gym | 10:05AM – 1:00 PM YOUTH SPORTS | 10:05 AM – 1:00 PM OPEN GYM |
| 11AM | | | | 11:35 AM – 12:30 PM OPEN GYM | | 1/2 Open Gym | |
| 12PM | 12:00 PM – 6:15 PM OPEN GYM | | | | | | |
| 1PM | | 12:30 PM – 2:30 PM PICKLEBALL (13+) NO Open Gym | 12:50 AM – 5:00 PM OPEN GYM | 12:30 PM – 2:30 PM PICKLEBALL (13+) NO Open Gym | 1:00 PM – 3:00 PM PICKLEBALL (13+) | 1:00 PM – 4:00 PM OPEN GYM | 1:00 PM – 3:00 PM PICKLEBALL (13+) |
| 2PM | | | | | 1/2 Open Gym | | 1/2 Open Gym |
| 3PM | | 2:30 PM – 4:30 PM OPEN GYM | | 2:30 PM – 4:30 PM OPEN GYM | 3:00 PM – 4:30 PM OPEN GYM | | 3:00 PM – 4:00 PM OPEN GYM |
| 4PM | | 4:30 PM – 5:00 PM S.A.C.C. 1/2 Open Gym | | 4:30 PM – 5:00 PM S.A.C.C. 1/2 Open Gym | 4:30 PM – 7:00 PM MEMBERS ONLY VOLLEYBALL (13+) | | |
| 5PM | | 5:00 PM – 7:00 PM OPEN GYM | 5:00 PM – 7:00 PM VOLLEYBALL CLINIC | 5:00 PM – 6:15 PM OPEN GYM | 1/2 Open Gym | | |
| 6PM | 6:15 PM – 7:30 PM GROUP EXERCISE | | 1/2 Open Gym | 6:15 PM – 7:30 PM GROUP EXERCISE | | | |
| 7PM | NO Open Gym | 7:00 PM – 9:00 PM PICKUP BASKETBALL | 7:00 PM – 9:00 PM MEMBERS ONLY VOLLEYBALL (13+) | NO Open Gym | | | |
| 8PM | 7:35 PM – 9:00 PM OPEN GYM | NO Open Gym | 1/2 Open Gym | 7:35 PM – 9:00 PM OPEN GYM | | | |
| 9PM | | | | | | | |